

BORDER BATTLE

STEP CHALLENGE

Let's go team!

Week one of the Border Battle is in the books, and Kentucky is in the lead! As of May 10, Kentucky employees are averaging 6,953 steps each day, while Indiana is averaging 6,087 steps. Let's keep up the good work!

Congrats to our first winner!



And our first weekly drawing winner is.....Brian Bullock with the Kentucky State Police! Brian will receive 2,500 vitality bucks for his win!

Brian has a great story about challenging himself to walk more every day:

"I'm a dispatcher here at KSP post 11 in London, and I recently started trying to lose some weight. To do that I try to run at least one mile every day and walk at least two miles every day. The people I work with here at KSP post 11 have been incredible in supporting me. Some of the evening shift troopers and dispatchers have started challenging each other and as a group, this helps motivate

me to get my steps in each day (so I'm not last!) and has greatly helped me with my goals."

Tips

You can get more steps than you think just by changing up your routine.

- Park farther from the door.
 - Walk to someone's office instead of emailing or calling.
 - Take the stairs instead of the elevator.
 - Challenge a co-worker to see who can get the most steps.
 - Walk on breaks. Walk to lunch. Walk to the mailbox. Walk the dog.
 - Enjoy the warm weather by taking the kids to the park.
 - Follow the action on the challenge "leaderboard" at [Humana.com/vitality](https://www.humana.com/vitality) or on the HumanaVitality mobile app.
 - Visit [LivingWell.ky.gov](https://www.livingwell.ky.gov) for more details and to join the conversation. Encourage others by [sharing your story](#).
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#INKYBorderBattle

